



Pentagram

Online version, Vol. 2, No. 36 Sept. 9, 2021

home.army.mil/jbmhh

Published For Joint Base Myer-Henderson Hall

Joint base softball team to play for intramural championship, bragging rights

By Catrina Francis
Pentagram Editor

For some of the Soldiers and Marines who will be playing in the Sept. 18 Battle of the Bases softball championship, playing in Nationals Park, the Washington Nationals softball stadium, will be a dream come true. The player's dream of playing in the majors while playing sandlot baseball will come to fruition on that day.

Kelly Nebel, the Joint Base Myer-Henderson Hall Family and Morale, Welfare and Recreation business and operations chief, said that in 2019 the Washington Nationals started sponsoring a community outreach program for active duty military service members to compete in a preliminary tournament. The winners of that tournament would play in the championship game that's held in Nationals Park after a Washington Nationals home game.

"Last year didn't happen because of COVID," she said. "The preliminary tournament was hosted by Joint Base Anacostia-Bolling (in Washington, D.C., and) we had two teams that (represented) Joint Base Myer-Henderson Hall. Both of our teams did really well and one of (them) advanced to the championship."

Nicole Murray, the director of community relations for the Washington Nationals, said military outreach has always been a top priority for the Nationals since

baseball returned to the Washington, D.C., area.

"In the past few years we (were) trying to do in addition to the pagantry and the recognition at the ball park, we've tried to work with base leadership to reach service members where they are living, where they are playing (and) and where they are working on base."

Through this outreach, the Battle of the Bases initiative was born. Murray added that they talked to leadership on the bases in the National Capital Region and asked, "What do you need, and how can we help?"

"One of the conversations early on we kept hearing from the bases, with regard to intramural softball, (was) people would sign up for intramurals but wouldn't finish the season," she said. "We decided to support intramural softball through donations of Nationals' jerseys and caps for everybody who plays in an adult intramural



Capt. Brandon Balfour, U.S. Army 3d Infantry Regiment (The Old Guard), practices hitting during the Joint Base Myer-Henderson Hall softball team's practice at Nationals Park.

Photo by Sgt. Austin Boucher

softball league on base throughout the National Capital Region.

"As an added incentive to stick with it and play the whole season is Battle of the Bases tournament. Battle of the Bases started as an extension of that intramural league with the top two teams from each base would play in a preliminary tournament that (was) hosted at JBAB at the end of August, and then the top two teams from that tournament get to play under the lights at Nationals Park."

She pointed out that the Nationals made a commitment since

ownership for the team determined that military outreach was going to be a top priority. "We are in D.C., and the National Capital Region is a significant group of service members who are making the D.C., area either a permanent or temporary home," Murray said. "This is an opportunity for them to connect with America's pastime. Even if they grew up cheering for somebody else ... we want them

to be Nationals' fans while they are here."

Richard Pulignani, a JBM-HH sports specialist, said it's been great having the joint base team compete in the championship game. He added that the Nats have also been supportive of the teams. Competing in the tournament also meant a free Nationals' jersey and baseball cap for the players.

Although some of the player will be slightly nervous before stepping up to the plate at Nationals Park, Pulignani said the warm-up practice that the team had Tuesday was an opportunity to let the nerves settle in before playing before the crowd in the championship game. He is also aware that for some this will be a lifetime dream.

"I'm excited for (the players to have this) opportunity for spectators to cheer (for) them," said Pulignani.

Details will follow soon regarding how personnel may get tickets to the Nationals versus Rockies game and stay to watch the Battle of the Bases game. Tickets will not be needed for those who only want to attend the Battle of the Bases game. Fans attending only the softball game will be permitted to enter through the Nationals Park third base Gate 10 minutes after last out of the Nationals versus Rockies game.

Pentagram editor Catrina Francis can be reached at catrina.s.francis2.civ@mail.mil.



Sgt. 1st Class Travis Roop, JFHQ – NCR, practices pitching Tuesday at Nationals Park.



Illustration by Mike Howard

This painting shows Alan Wallace near his fire truck as he sees American Airlines Flight 77 before it hit the Pentagon Sept. 11, 2001.

First firefighter to enter burning Pentagon on 9/11 is Vietnam veteran

By David Vergun
DOD News

On the morning of Sept. 11, 2001, Pentagon firefighter Alan Wallace was just outside the Pentagon, positioning his firetruck, called a crash truck, near the helipad where helicopters shuttle top brass and civilian leaders to and from the building.

“The sky was an incredible blue without a cloud or contrail in sight,” he said. “It was the darkest blue sky that you are ever going to see in your lifetime. It was hauntingly blue.”

At 8:10 a.m., American Airlines Flight 77, a Boeing 757, left Washington Dulles International Airport with 58 passengers and a crew of six. It flew west across Virginia and West Virginia, then made an unscheduled turn at the Ohio border.

At 9:03 a.m., air traffic controllers lost contact with the plane.

At 9:38 a.m., Wallace, standing beside his crash truck, saw Flight 77 out of the corner of his eye and heard a deafening roar as it

screached just feet above his head.

A wing clipped his crash truck, causing the back of it to explode in flames.

A millisecond later, the plane, filled with jet fuel, hurtled into the building a few dozen feet behind him at a speed estimated at around 400 mph, transforming the 270,000-pound mass of metal and humanity into white-hot shrapnel. The impact, penetration and burning fuel had catastrophic effects on the five floors and three outer rings in and around corridors 4 and 5 and the people who were inside.

Witnesses said the dark blue sky turned black with smoke.

Although nothing could have prepared Wallace for the horror and heroism he witnessed that day, Wallace had similar experiences in Vietnam.

His journey there and later to the Pentagon, began Aug. 2, 1965, when he arrived at Naval Station Great Lakes, Illinois. Wallace became a Sailor and received follow-on training as a hospital corpsman. He was later stationed at Bethesda Naval Medical Center in Maryland for

two years, and then got orders for Vietnam.

On Christmas Day 1967, Wallace began working in the operating room at Naval Support Activity Station Hospital in Da Nang, South Vietnam.

On Jan. 31, 1968, the Tet Offensive began, and intense fighting took place in Da Nang.

“It was rocket city,” he said, noting that rockets and mortars caused damage and casualties at the hospital.

A flood of wounded arrived at the hospital in the ensuing days, weeks and months.

“It was not uncommon to work 24 hours straight,” he said. “We were so busy that, at one point, it was three days before anyone had a chance to eat. We were absolutely overwhelmed with wounded.”

Looking back on his time there, he said, “I never felt more valuable in my life.”

Wallace left Vietnam on New Year’s Day 1969; on Feb. 2, 1970, he was discharged from the Navy, returning to his native Ohio to work

See **FIREFIGHTER**, Page 9

Pentagram



The Pentagram is an authorized publication for members of the Department of Defense. Contents of the Pentagram are not necessarily the official views of the U.S. Government, the Department of Defense, the Department of the Army, Department of the Navy, or Joint Base Myer-Henderson Hall. The content of this publication is the responsibility of the Joint Base Myer-Henderson Hall Public Affairs Office.

Col. David Bowling
Commander
Command Sgt. Maj. Matthew Majeski
Command Sergeant Major
Public Affairs Officer
Greg Jones
Julia Simpkins
Command Information Officer

Catrina Francis
Editor
Emily Mihalik
Graphic Artist
Sgt. Austin Boucher
Staff Photographer

TOG, engineer Soldiers ‘rescue’ casualties from building collapse



Photos by Sgt. Austin Boucher

Members of the Old Guard practice rescue operations outside of Joint Base Anacostia Bowling, Washington, D.C., Wednesday. The three-day training exercise simulated a building collapse and survivors pinned beneath large piles of debris. Soldiers assigned to the Rescue Support Platoon, 3d U.S. Infantry Regiment (The Old Guard), and the 911th Technical Rescue Engineer Company conduct disaster relief training at the Washington, D.C., Fire and Emergency Service Training Academy Wednesday. The Soldiers’ scenario for the training was simulating a building collapse. The Soldiers had to make supports to stabilize the damaged structure so they could safely rescue the casualties.

A Soldier assesses the damage from the “collapsed building” before rescuing a casualty.



(Above photo) Members of the Old Guard practice rescue operations outside of Joint Base Anacostia Bowling, Washington, D.C., Wednesday. The three-day training exercise simulated a building collapse and survivors pinned beneath large piles of debris.

(Above left photo) A Soldier looks at the damage that was done from the collapse of a building.



(Left photo) Members of the Old Guard practice rescue operations outside of Joint Base Anacostia Bowling, Washington, D.C., Wednesday. The three-day training exercise simulated a building collapse and survivors pinned beneath large piles of debris. The Soldiers stabilize the “casualty” before loading him on a litter.

Eight things you may not know about our air defense on 9/11

Katie Lange
DMA

It's been 20 years since Sept. 11, 2001, when terrorists hijacked four commercial airliners and flew them into New York's iconic World Trade Center, the Pentagon and a field in rural western Pennsylvania, killing nearly 3,000 U.S. citizens.

Whether the events of that day were etched in your memory forever, or you were too young to understand it at the time, it's a day all Americans know changed the course of our daily lives.

Thanks to the internet, you can easily find accounts of what happened 9/11 from survivors, first responders, the victims' families and officials who investigated what happened. Two New York Air National Guardsmen who were at the Northeast Air Defense Sector (now just the Eastern Air Defense Sector) in rural Rome, New York, give a glimpse into the military's role that day. NEADS was tasked with searching for the missing planes and scrambling fighter jets in response to the attacks.

New York Air National Guard Maj. Jeremy Powell was a 31-year-old tech sergeant taking part in Exercise Vigilant Guardian when 9/11 occurred. He was the first military person to learn about the hijackings, having taken the initial call from the Federal Aviation Administration's Boston center. Master Sgt. Stacia Rountree was a 23-year-old senior Airman working as an identification technician. Vigilant Guardian was her first major NORAD exercise.

Like everyone else, Powell and Rountree remember that day vividly.

There was a lot of initial confusion.

It took some time for NEADS to realize 9/11 was a real-world scenario and not part of the exercise. Once they did, there was even more confusion trying to find the missing planes, which always seemed to be a step ahead of them.

"We were treating all the information we got as real time, not understanding that it was coming to us late," said Rountree, who basically became a liaison between the FAA and the military for the rest of that day.

"We were trying to figure out departure destination, how many people were on board, how big the aircraft actually was, and factoring all of that stuff in," she said. "That way the (F-15 and F-16) fighters, when they got airborne, would know that they had the right plane in sight."

"I stayed on the phone for 12-14 hours, just calling all the bases and asking how quick the fighters could get armed, get airborne and if they could go to a certain loca-



Photo by news.virginia.edu

The Twin Towers in New York City Sept. 11, 2001, after being hit by civilian airplanes.

tion," Powell said.

There wasn't much time between the first FAA call and the first crash.

Just 10 minutes elapsed between the time Powell took the first call to NEADS about the hijackings to when the first plane, American Airlines Flight 11, hit the North Tower — not enough time to get fighters into the air.

According to the 9/11 Commission's report, the call from the FAA's Boston center came into NEADS at 8:37 a.m.

"(At) 8:46 (a.m.) is when I scrambled the first fighters (from Otis Air National Guard Base, Massachusetts), and then 8:53 they were airborne," Powell said.

However, it was too late to help American 11, which hit the World Trade Center's North Tower at 8:47 a.m.

There were several more reports of hijackings that day.

By the time the day was over, Rountree said there were probably 19 or 20 planes that she and the other ID techs had investigating as possible hijackings. Only the initial four — American 11, United Airlines Flight 175, American Airlines Flight 77 and United Airlines Flight 93 — were the real deal.

At one point, there were reports that American 11 was still airborne. Air traffic controllers likely confused it with American 77, which was somewhere over Washington, D.C., air space. Rountree said she tried to contact the FAA's Washington Center to get a position on it, while Langley Air Force Base fighters were trying to get to the capital.

"It was probably only a couple of minutes, but to me, it seemed like a lifetime," Rountree recalled. "Then we got the reports that the

plane hit the Pentagon. I was actively trying to find that plane, and I felt that we may have had some time. We didn't."

There had been discussions of fighter pilots making the ultimate sacrifice.

The fighters were meant only to shadow potentially hijacked planes, but Rountree said there was discussion of those pilots making the ultimate sacrifice.

"In case their weapons were out, and if we would have had to use force, they were discussing whether or not those guys would have to go kamikaze," she said, meaning some pilots were considering risking their own lives by using their planes to stop hijacked jetliners. "It was scary, when you thought about the possibility of them having to do that."

There was a heartbreaking feeling of hope for Flight 93.

While all of the crashes were shocking, Rountree said that, for her, United 93 was the saddest. They had been trying to find the plane on radar and had called the FAA to get an updated position.

"They said, 'It's down,' and we were thinking it landed," Rountree recalled.

However, when they asked for landing confirmation, the info was clarified — it crashed.

"For us, you had that glimmer of hope, and then ..."

NEADS was evacuated Sept. 12 thanks to an unknown aircraft.

The day after 9/11, NEADS was evacuated because there was an unknown plane up at the time, and no one was supposed to be airborne.

"There were fighters coming back from air patrol over NYC ... so our commander had them go supersonic over to where we were

so they could figure out what it was," Rountree said. "They thought it was heading toward us."

It turned out to be a harmless floatplane, and it was forced to land.

9/11 changed the role of the air defense sectors.

"Back then, the primary focus was that we were looking out at people coming to attack us from the outside," Powell said. "We weren't really focused on the inside."

"Nobody thought that somebody would go ahead and utilize planes that were in the U.S. to do something, so our radar coverage was indicative of that," Rountree explained. "Now, our coverage has definitely increased. It's night and day versus then."

The sector now has new and evolving technology.

"Our computer systems are bigger and better. ... You should see all of the radars that are now hooked up," Powell said. "Everything the FAA sees, we see. We are much more actively involved in the identification of all aircraft in the United States."

Before 9/11, Rountree said they couldn't always get in touch with critical personnel at the FAA centers. Now they can.

"We really didn't have to talk to the various Air Traffic Control Center supervisors," she said. "Now, we have instant lines with everybody."

The military has been monitoring the skies over the U.S. ever since.

"A lot of people didn't even realize that we were probably there, or what we even do, which could be a good thing," Powell said. "It reinforces the idea that somebody's always watching you, especially in the sky. The FAA's there — that is their airspace — but the military is, too."

(This story was originally published Sept. 11, 2019. The first paragraph has been updated.)



Find support with JBM-HH Army Community Service

At Army Community Service people will find all kinds of programs and services that combine fun with self-improvement. The joint base ACS office continues to serve in person and virtually. To learn about available opportunities, call (703) 696-3510. All JBM-HH ACS programs support Soldiers, civilian employees and Families in maintaining readiness by coordinating and delivering comprehensive, responsive services that promote self-reliance, resiliency and stability.

JBM-HH playgroup

The JBM-HH playgroup is Sept. 16, 23 and 30 from 10 to 11:30 a.m. in the Henderson Hall Chapel. During the playgroup, children will have sing along songs and story time. The playgroup is for infants to five year olds. For more information or to register, call (703) 693-1160 or (703) 614-7204.

Anger management

Anger management is being held Tuesday, Sept. 14, 21 and 28 from 1 to 3 p.m. in Henderson Hall's Bldg. 12. This is an in-person course. This is a set of eight classes that review

eight tools of anger management. The goal of this set of classes is to teach individuals how to accurately examine triggers and perceptions of situations and learn healthy and constructive ways in which to express frustrations. Individuals should register for the day and time that works best for their schedule. These courses should be taken over the span of eight weeks, one session per week. For more information or to register, call Candi Heinberger at (703) 693-9146 or by email at candi.heinberger@usmc-mcs.

Joint base Soldiers, Marines donate blood



Photos by Sgt. Austin Boucher
(Above photo) Marine Sgt. Maj. Charles Tyler, the battalion sergeant major, and Marine Col. Andrew Winthrop, the commanding officer for Headquarters and Service Battalion Headquarters Marine Corps, Henderson Hall, watch while Marine Cpl. Austin Jaroniewski of the motor transportation office gives blood during the Joint Base Myer-Henderson Hall blood drive Thursday. Photo by Sgt. Austin Boucher.

(Left photo) A Soldier, 3rd Infantry Regiment (The Old Guard), donates blood at the Joint Base Myer Henderson-Hall blood drive Thursday.

Everybody does it

By Retired Chaplain (Brig. Gen.) Ray Bailey
Former Deputy Chief of Chaplains

Lately, more than usual, I’ve been frustrated about laws, rules and policies being so easily broken. I know it’s always been there, but it builds up in me seeing and hearing how more obvious it has become. Not being caught or following the crowd seems to be the prevailing way.

I came across a wonderful article entitled “It’s OK, Son, Everybody Does It” from the Chicago Sun Times. The message is very insightful and challenging.

The article stated that, when Patrick was 6 years old, he was with his father when they were caught speeding. His father handed the officer \$20 with his driver’s license. “It’s OK, son,” his father said as they drove off. “Everybody does it.”

When he was 8, he was present at a family council presided over by Uncle George, on the surest means to shave points off the income tax return. “It’s OK, kid,” his uncle said. “Everybody does it.”

When he was 9, his mother took him to his first theater production. The box office man couldn’t find any seats until his mother discovered an extra \$5 in her purse. “It’s OK, son,” she said. “Everybody does it.”

When he was 12, he broke his glasses on the way to school. His Aunt Francine persuaded the insurance company that they had been stolen and they collected \$75. “It’s OK, kid,” she said. “Everybody does it.”

When he was 15, he made right guard on the high school football team. His coach showed him to block and at the same time grab the op-

posing end by the shirt so the official couldn’t see it. “It’s OK, kid,” the coach

When he was 18, Patrick and a neighbor applied for a college scholarship. Patrick was a

marginal student. His neighbor was in the upper 3% of his class, but he couldn’t play right guard. Patrick got the scholarship. “It’s OK, son,” his parents said. “Everybody does it.” When he was 19, he was approached by an upperclassman who offered the test answers for \$50. “It’s OK, kid,” he said, “Everybody does it.” Patrick was caught and sent home in disgrace. “How could you do this to your mother and me?” his father said. “You never learned anything like this at home.” His aunt and uncle were also shocked. If there’s one thing the adult world can’t stand, it’s a kid who cheat.



said. “Everybody does it.”

When he was 16, he took his first summer job at the supermarket. His assignment was to put the overripe strawberries in the bottom of the boxes and good ones on top where they would show. “It’s OK, kid,” the manager said. “Everybody does it.”

This may have just been an article in a newspaper, but I believe it rings with truth in everyday life all around us, maybe in our home and family. Who is the person that says, “No, not everybody does it.” How’s your ethics and values today? I hope they hold up to the test because you and I are being watched.

JBM-HH Religious Services are on a weekly basis at Memorial Chapel.
To view service updates, please visit the Religious Support Office Facebook page at <https://www.facebook.com/jbmhhroso> or email the Religious Support Office at usarmy.jbmhh.usag.mbx.memorial-chapel@mail.mil. Services are subject to cancellation in the event of inclement weather.

Catholic Mass

Protestant Service

Gospel Service

Samoan Service

Saturday at 5 p.m. and Sunday at 8:30 a.m.

Sunday at 10:30 a.m.

Sunday at 12:30 p.m.

Held the first Sunday of every month at 2:30 p.m.

The RSO now streams the following Sunday services via the JBM-HH Religious Support Facebook page:

Catholic Mass

General Protestant

Gospel Service

8:30 a.m.

10:30 a.m.

12:30 p.m.

The Fort Belvoir Jewish Congregation host Saturday services and religion education opportunities for Families. For information about Saturday services and programs at Fort Belvoir, contact the Jewish coordinator, Sara Astrow by email at saralyn.astrow.ctr@mail.mil or phone at (703) 806-3393.

6

Secretary of Army swears in first female inspector general

By Joseph Lacdan
Army News Service

The taunts and bullying still remain fresh in her mind 37 years later.

As a teen, Donna Martin earned a selection as a saxophone player in her high school's marching band in 1984, becoming one of only three minority students at her school chosen for the 200-member ensemble.

Several of her peers weren't happy with the decision, she said.

"They made my life a living hell," said the now-Lt. Gen. Martin, the Army's newest inspector general. "They tortured me every single day and their antics made me want to quit."

Martin began playing the saxophone in her junior high school years and spent hours practicing until she became good enough to carry a tune. After not making the band, she later earned a blind audition in high school with the help of her mother's petitioning.

Following her selection, Martin became the victim of verbal torment from her classmates. She said even the school's band director encouraged her to change instruments. Distraught over the behavior of fellow students, she turned to her mother for advice.

"I wanted to quit," she said. "But my mother would not let me."

Life isn't fair, her mother would tell her, but that shouldn't let others dictate her life's direction.

Martin followed her mother's advice as she continued to perform with the band. Moreover, she has remembered those words throughout her 33-year Army career. On Sept. 2, that perseverance led her to be sworn in as the Army's 67th inspector general, becoming the first female to hold the position.

Martin's mother passed away in January 2019.

"My mother taught me life lessons that made me the person that I am today," Martin said during the ceremony, in which she was also promoted.

Martin's nomination comes at a pivotal time for the Army, as it combats against racial discrimination while pushing for more inclusivity within its ranks. Following the deaths and disappearances of Soldiers at Fort Hood, Texas, Martin took on the challenge of serving as the Army's provost marshal general and commander of the Army Criminal Investigation Command.

Working with recommendations from the Fort Hood Independent Review Committee, Martin oversaw a five-month structural redesign of CID to better inform and protect victims of sexual assault and harassment.

The changes included splitting the provost marshal general's duties and responsibilities with that position and a civilian director assigned under the secretary of the Army. The



Courtesy photo
The Army's newest inspector general, Donna Martin, gets her third star pinned on by her husband, Chris Martin, left.

restructure also called for an increase in civilian criminal investigators to diversify investigative experience.

"Donna has been leading CID during some very challenging times, not only under the watchful eye of the Department of Defense, but Congress and the American public as well," said Secretary of the Army Christine E. Wormuth. "She has been the right leader at the right time, and her character and leadership help the team not just weather the storm, but chart a course so that CID only gets stronger and more capable in the future."

Martin does not take her role as the first female to hold the position lightly. She has pioneered several commanding roles, such as becoming the first female to command Fort Leonard Wood, Missouri, a training post that hosts the Army Military Police School, Army Engineer School as well as basic combat training. Martin understands the importance of having women nominated to senior Army leadership roles.

"What I think it really means to a lot of females, young women in particular, is that anything is possible," Martin said during a radio interview with St. Louis Public Radio in 2020 following her nomination to provost marshal general. "And ... so I hope that I give hope, and that when young women look at my picture in that row of distinguished gentlemen, that they see that there is hope for anyone."

Martin has also deployed in support of Desert Storm, Operation Iraqi Freedom and Operation Enduring Freedom. During the ceremony,

Martin paid tribute to about 2,500 American troops who died in Afghanistan.

"They paid the ultimate sacrifice for the safety and security of people and the struggle for freedom ... far from their own homeland," Martin said. "They leave behind a legacy of honor. We owe them and their loved ones a debt of gratitude that can never be repaid."

Martin's predecessor as inspector general, Lt. Gen. Leslie Smith, lauded Martin's ability to lead large organizations. He said that as the Army's top law enforcement officer, Martin pushed for more support to commanders and units in the field.

"Donna Martin has all of the knowledge, skills, and attributes that the Army needs today," he said.

Wormuth praised Martin's ability to inspire and care for others. A large contingent of Martin's Family members attended the ceremony, including her husband of 27 years, Chris, a former Marine, and her siblings and aunts.

"We need leaders that look like you and lead like you in our Army's highest ranks," Wormuth said. "You show how much is possible to achieve while keeping the well-being of Soldiers and their Families front and center."

In a final gesture to honor her late mother, Martin continued the tradition of giving flowers as she did to her mom every year. Following the ceremony, she handed a bouquet to each of the women in her Family who had an impact on her life.



Hylton On The Hill Concerts

The U.S. Army Band Downrange

Join The U.S. Army Band Downrange for a free celebratory concert to kick off the 2021-2022 Hylton Center season. Free tickets required.

Sat / Sep 18 / 4 pm

Suicide prevention, connectedness with others are intertwined

By Janet Aker
MHS Communications

Successful suicide prevention efforts are linked to fostering connectedness — the vital relationships and interpersonal connections that individuals forge with Family, friends and their community.

As the Department of Defense begins to observe National Suicide Prevention Month, health officials aim to highlight the importance of those relationships and the risks that come when they are diminished, causing feelings of social isolation and loneliness.

This year's theme — "Connect to Protect: Support is Within Reach" — "emphasizes connections with others and the community, as well as with suicide prevention resources," said Dr. Karin Orvis, the director of the Defense Suicide Prevention Office. "During Suicide Prevention Month, the department is collectively reaching out to bring more awareness to suicide prevention and available resources, change the conversation around mental health and well-being and turn awareness into action."

Suicide caused the deaths of 498 service members in 2019, the most recent year for which complete DOD data are available. That's a rate comparable to the U.S. civilian adult population. The deaths in the military were primarily among enlisted men younger than 30.

COVID Stressors

The COVID-19 pandemic has created new challenges, Orvis acknowledged.

"Research indicates that connectedness is a factor that can reduce the likelihood someone will consider or attempt suicide," she said. "As the country deals with the ongoing stress and uncertainty around the COVID-19 pandemic, we, as leaders of the prevention community, have a responsibility to demonstrate what it means to make every connection count for each other."

Our role in this challenge "is to identify multifaceted approaches that ensure access to care, enhance connectedness, reduce isolation and promote a sense of belonging in a virtually connected community."

"We know service members often look to virtual and social media platforms to connect with their Families, friends, peers and communities," Orvis said. "This year, we can use and promote DOD online resources and services to spread the message of hope and show that support is within reach."



The DOD theme for this year's National Suicide Prevention Month is "Connect to Protect: Support is Within Reach," emphasizing connectedness even during a pandemic.

Graphic courtesy of MHS

Leaders' Messages

For leaders, a supportive command environment can help service members feel more comfortable reaching out or seeking help.

The top reasons that service members cite for not getting help include concerns about privacy and confidentiality, fear of being perceived as "broken," fear of a negative impact to their career and not knowing whom to contact.

Leaders are encouraged to remind all service members that challenges from military life (as well as everyday life challenges, such as relationships and financial problems) are common and that they are not alone.

"Share success stories," Orvis suggested.

Messages DSPO suggests leaders should convey include:

- **Provide accurate information and resources.** Facts can help to break down common misconceptions about seeking care, such as impacts to security clearances or deployment. Resources show where service members and their Families can turn to for support.
- **Reach out for help.** Seeking help not only ensures mission readiness, but also benefits the service member's personal well-being, Family, unit, service branch and community.
- **Seek care early.** Promote getting help for life's challenges or mental health concerns as soon as they arise, such as marriage or financial counseling.
- **Suicide is preventable.** Show and tell that proactive self-care, coping skills, support and

treatment work for most people who have thoughts about suicide.

- **Be proactive.** Take the steps to reach out for help, ask how others are doing, share resources, and stay connected.

Resources

Resources include the new Leaders Suicide Prevention Safe Messaging Guide, and the Psychological Health Center of Excellence and its Real Warriors Campaign, which show how to safely and effectively communicate about suicide and how to foster open dialogue within a command.

The Defense Health Agency's Real Warriors Campaign promotes a culture of support for psychological health by encouraging the military community to reach out for help whether coping with the daily stresses of military life or concerns like depression, anxiety and posttraumatic stress.

A free, confidential program called inTransition offers specialized telephone coaching and assistance for active duty service members, National Guard, reservists, veterans and retirees who need access to a new mental health provider or wish to initiate mental health care for the first time when:

- Relocating to another assignment
- Returning from deployment
- Transitioning between an active duty and a reserve status
- Preparing to leave military service

The inTransition services are available to all military members regardless of length of service or discharge status, by calling (800) 424-7877.

Service members and veterans who are in crisis or having thoughts of suicide, and those who know a service member or veteran in crisis, can also call the Veterans/Military Crisis Line for confidential support anytime; it's available 24 hours a day. Call (800) 273-8255 and press 1. Individuals can also text to 838255 or chat online at VeteransCrisisLine.net/Chat.

In July 2022, a new crisis number, "988," will be rolled out that will connect directly to the Veterans/Military Crisis Line.

DSPO has been working with the National Action Alliance on Suicide Prevention and the Department of Veterans Affairs on preparing for implementation of the "988" crisis line. Service members, veterans and their Families will still be able to press 1 to be connected immediately to trained responders from the Veterans and Military Crisis Line.

Other sources for assistance include Military OneSource and Military and Family Life Counseling.

"Our military community's health, safety and well-being are essential to the readiness of the total force — and to the health of our nation," Orvis said. "Our departments are dedicated to preventing suicide in our military community — every death by suicide is a tragedy."

"We take this charge very seriously and in conjunction with our partners across the federal government, nonprofit, private and academic sectors, we will not relent in our efforts to end suicide."

FIREFIGHTER from Page 2

a few years in a Columbus hospital. After that, he had plumbing and carpentry jobs before becoming a firefighter at the Rickenbacker Air National Guard Base near Columbus in 1981.

In 1993, Wallace accepted a job as a firefighter with the Fort Myer Fire Department in Virginia, which maintained a small fire station at the Pentagon.

On the morning of 9/11, Wallace was just feet from his crash truck, an Emergency One Titan 3000 that was parked about 10 feet from the Pentagon when the airplane struck.

Less than a minute after the plane struck, Wallace jumped inside the burning crash truck and tried to move it, but it wouldn't budge.

"That's a shame because I believe we could have made a difference in stopping the spread of the fire with the foam," he said. "But that obviously did not happen."

Wallace then began assisting people as they escaped the building through broken windows on the first floor.

At one point, a woman jumped out of a window and landed on him, knocking him backward to the ground, he said.

After less than 10 minutes of helping people out, Wallace grabbed a breathing apparatus, lantern, and a 20-pound fire extinguisher from the crash truck and rushed through the smoke and into the building.

"I was the first firefighter to go into the building," he said. "I had no idea what I was going to do with a damned, 20-pound Purple-K dry chemical fire extinguisher in a five-alarm fire."

Inside, Wallace turned on the extinguisher. It made a loud noise, which caught the attention of a woman who was lost in the smoke and couldn't find her way outside, he said. She got out safely.

Wallace stayed and assisted until about noon before being transported to a hospital for treatment of first- and second-degree burns and a neck injury caused by the initial explosion and fireball.

In October 2003, Wallace retired from the Fort Myer Fire Department. He now lives in Lithopolis, Ohio.

Reflecting back on 9/11, he said, "It's a miracle I wasn't killed in the explosion. I wasn't a hero. I was just an ordinary American doing his job."



Illustration by Mike Howard

This painting is based on Alan Wallace's account of the moments after American Airlines Flight 77 hit the Pentagon Sept. 11, 2001. Wallace runs for his life, dives next to a vehicle and crawls under it briefly to protect himself from the fire, heat and debris.

On 9/11, 189 people were killed in the attack on the Pentagon, including 125 civilian and military personnel inside the building. Many others, including Wallace, were injured.

Artist's statement

After interviewing firefighter Alan Wallace who was at the Pentagon on 9/11, Mike Howard, a Pentagon press officer, was inspired to recreate those moments in time in his personal artistic

style. He wanted to tell the visual story of human spirit and patriotism in a life-threatening situation.

"From those conversations with Al, I imagined the emotions I would have felt had I been there with him as a photojournalist with my camera and the job of capturing those events in history. I created in my mind the images through my imaginary lenses. Then I drew five images with my oil pastel sticks on 19 inches by 24 inches

pieces of paper as if they were photographs from what I saw," Howard said.

With more than 40 years' experience as a photographer, Howard uses an artistic style of traveling back in time to visit scenes as a photographer and draw rudimentary, primitive images with oil pastel sticks to tell stories that are out of bounds of the real camera.



News Notes

9/11 observance

The Fort Myer Fire Department will hold its annual 9/11 observance Saturday. This year's observance will be live streamed via Facebook starting at 11:30 a.m. and will feature guest speaker C.T. Campbell, who was the Fort Myer fire chief Sept. 11, 2001, and Alan Wallace, one of three Fort Myer firefighters who were working at the Pentagon heliport station when the plane struck the building. As a tradition held every year, Myer firefighters will toll the Fire and Emergency Services Ceremonial Bell to commemorate the time that American Airlines Flight 77 struck the western side of the Pentagon at exactly 9: 37 a.m. Sept. 11, 2001. Watch the livestream the day of the event at www.facebook.com/jbmhh.

Battle of the Bases

During last month's Washington Nationals sponsored military intramural softball tournament, the Battle of the Bases, one of Joint Base Myer-Henderson Hall teams won to advance to the championship game. The joint base team will face off against the team from Joint Base Anacostia-Bowling at Nationals Park Sept. 18, following the Nats' game against the Colorado Rockies.

The Nationals and Rockies game begins at 4:05 p.m. and the Battle of the Bases championship game has a tentative start time of 7:45 p.m.

More details to follow soon about the playoff game and tickets.

Pentagram Magazine

The joint base public affairs office announces the release of the second issue of Pentagram magazine, released digitally and in print Thursday.

To read this issue and the previous issue, visit www.dcmilitary.com/pentagram/.

Hard copies are available throughout the installation, including at the Visitor Control Center, the commissary and the bowling center.

New education center hours

The JBM-HH Education Center Hub to include JBM-HH, Forts Belvoir, Meade and Detrick, will close weekly for training Thursday morning from 8 to 10 a.m. beginning Thursday. The goal of the training is to provide better customer service to service members, veterans, retirees, dependents and civilians.

ASCGWA fall kickoff

The Army Spouses' Club of the Greater Washington Area will host its fall kickoff, "Step into the New Roaring '20s," Sept. 16 from 10:30 a.m. to 1 p.m. at Spates Community Club, Bldg. 407, 214 McNair Rd., Fort Myer, Virginia. Masks are required on Joint Base Myer-Henderson Hall regardless

of vaccination status. New and returning members may sign up for club activities, visit with community organizations and shop at various tables. Light refreshments will be served. Please visit the ASCGWA website at armyspousesclub.org. The RSVP date for the fall kickoff is Monday.

Cemetery construction

Several roads in Arlington National Cemetery are closed for necessary construction. Humphreys Drive will be closed through March 2022, affecting portions of Section 1. The construction project on McPherson Drive, Lawton Drive, McKinley Drive, Jackson Circle, Chapel Gate Road, Capron Drive, Hobson Drive, and Miles Drive, affecting Sections 3, 11, 16, 17, 18, 19, 22, 23 and 44, will continue through late September 2022 as currently projected.

ANC is working hard to complete this project as soon as possible and to avoid prolonged inconveniences to visitors and Family pass holders. Safety is the main priority for ANC Family pass holders and guests. If an individual is a Family pass holder with a loved one buried in the aforementioned sections, please call ANC operations at (703) 614-1111 to schedule an escort to the loved one's gravesite.

National Hispanic Heritage Month

Every year the Department of Defense joins the nation in celebrating and honoring the cultures and contributions of Hispanic and Latino Americans. This year's theme is "Esperanza: A Celebration of Hispanic Heritage and Hope."

Just as in generations past, the nation honors its Hispanic community — military and civilian — for their significant contributions to (or toward) protecting the United States and embodying the DOD values that unite all as one team.

AAFES dining open

The AAFES dining area in the Exchange food court has reopened to the joint base community. All individuals should wear face coverings in the facility unless eating or drinking.

For more information on AAFES services, download the Digital Garrison App, free in the Apple or Google Play stores.

LRC fiscal year fuel close out

The JBM-HH Logistics Readiness Center Armed Forces Fuel Facility, located at Bldg. 330, will be closing temporarily for an annual end of year inventory check at the end of September. All customers who use the fuel stations at Bldg. 330 are advised to ensure they fuel before the end of year close out. Customers with a GSA vehicle may use a credit card at

the AAFES gas station. The station at TMP will only service Directorate of Emergency, Myer Fire and PMO vehicles, along with Army owned vehicles after Sept. 29. The fuel station end of the fiscal year schedule is: Sept. 28 to 29, open to all Army owned and all tactical vehicles and equipment with VIL keys. Sept. 30 from 6 a.m. to 4 p.m., open to DES Fire and PMO police vehicles. TMP fuel point closes to all Sept. 30 at 4 p.m. The TMP fuel point reopens for normal operations Oct. 1 at 6 a.m. Service providers with questions can call Wilfried Brumbaugh at (703) 696-7137 or Bernard Franklin at (703) 696-7136.

Virtual transition services

The JBM-HH Transition Assistance Program wishes to remind the joint base community that all services are currently virtual. The TAP facility, located in Bldg. 404, is currently under construction. The building is closed to public access at this time. Employees who wish to enter the building in the interim must report to the trailer south of Bldg. 404, near the loading dock, to receive the proper personal protective equipment.

Protect each other

The U.S. is fortunate to have the highly effective COVID-19 vaccines that are widely available for those 12 and older. People who are fully vaccinated are protected from severe disease and death, including from the Delta variant currently circulating. For more information, visit <https://health.mil/News/Articles/2021/06/28/News-Covid19-Delta-Variant-What-You-Need-to-Know-to-Stay-Safe>.

ACS relocates

Joint Base Myer-Henderson Hall Army Community Service has relocated to Bldg. 203 and provides virtual and in-person services. For more information about ACS and its services, please call (703) 696-3510.

JBM-HH face mask policy

According to the Centers for Disease Control and Prevention, Washington, D.C., and Arlington County are now "substantial" transmission areas for COVID-19 and the Delta variant. Face coverings are now required in all indoor settings on Myer, McNair and Henderson Hall — regardless of vaccination status. The mask mandate remains in place for all non-vaccinated individuals — indoors and outdoors.

JBM-HH gyms, pools are open

All JBM-HH gyms are open to DOD ID cardholders. The Myer Fitness Center hours are weekdays from 5 to 7:30 a.m., 11 a.m. to 1 p.m., and 4 to 6 p.m. and the McNair Fitness Center is open 24/7 daily for those with registered access. Registration for McNair Fitness Center will be by appoint-

ment only. At this time, people will need to call and make an appointment to register for the 24/7 access by calling Lydia Mease at (571) 315-9125 Monday to Friday from 9 a.m. to 5 p.m.

The Smith Gym at Henderson Hall operational hours are Monday to Friday from 5 a.m. to 7:30 p.m. and weekends 8 a.m. to 2 p.m.

The Zembiec pool facility is open Monday through Friday from 6 a.m. to 7 p.m. and is closed weekends and holidays. Adult lap and open swim is available all day. Youth lap and open swim hours are 8 a.m. to 5 p.m. The facility is open to active duty and Reserve uniformed service members, retirees, dependents and current DOD/USCG civilians with an ID card.

Live concerts are back

The U.S. Army Band "Pershing's Own" live concerts are back. The band has released a comprehensive summer lineup through September. Check out the full calendar at <https://www.usarmyband.com/calendar>. As always, the band's concerts are free and open to the public.

Army Ten-Miler

Virtual registration for the live Army Ten-Miler is open. For full details, or to register for the event, which takes place Oct. 10, visit <https://www.armytenmiler.com/>.

Marine Corps Marathon

The Marine Corps Marathon Organization is excited to announce that the 2021 Marine Corps Marathon Weekend will be held live and in-person this Oct. 29-31 in Arlington, Virginia, and the nation's capital. The 2021 MCM Weekend includes the live 46th MCM, MCM50K and MCM10K Oct. 31, with all three events being offered as virtual options as well between Oct. 1 and Nov. 11. Full details can be found at <https://www.marinemarathon.com/>.

Ride the Myer Flyer

The Myer shuttle service, between Myer, Henderson Hall and the Pentagon, has resumed. Please keep in mind that riders will be required to show their CAC or military ID to the shuttle driver.

Face coverings will be required for all riders; and only a maximum of 50% of passengers will be allowed on the bus at this time. Food or drink are not authorized on the bus.

Protect information

Individuals should be skeptical of anyone contacting them from the federal government. No agency will call, email or text demanding personal information or money to get a COVID-19 vaccine certificate or passport.

Marine Corps Exchange

The Marine Corps Exchange is open from 9 a.m. to 7 p.m. Monday through Saturday and from 10 a.m. to 6 p.m. Sundays and holidays, to include the Vineyard. All three levels are open.